



Karen's Power Punch / Insanity Class April 15, 2020

(See April 15 Facebook Post for video)

Equipment suggestions (not required):

- Mat
- boxing gloves and pads (if you have a partner)

Warm up

Follow the sequence of moves, 30 seconds each, 2 sets. Do focus move 1x at the end for 45-60 seconds. March or jog lightly on the spot at any point if you can't sustain the move for the full 30 seconds.

1. Boxer Shuffle	2. Squat to Alt. Kick	3. Alt Forward lunge to 3x Alt. Jab
4. Plank (knees or toes) with alt. arm raise to pike (or child's pose)	5. Side hops (both feet or staggered step 1 at a time)	6. Low squat with Flurry arms (fast uppercut)
Focus: Cross hops or skip rope or low impact alt. side hops		

Workout Blocks

For each block, follow the numbered sequence, 30 seconds each for a full 2-minute set. Actively Recover (walk, dynamic stretches, drink water) for 30 seconds and repeat 2-minute, 2 more times. After the 3rd set, move right to 1-minute "Power Move" only 1 time. Each Block is 8 minutes with 2 breaks. Actively recover for 30-60 seconds between blocks.

Block 1: Plyometrics and speed

1. Lunge back right to front kick right with left foot power hop	2. Fast feet run with uppercut flurry
3. Lunge back left to front kick left with right foot power hop	4. Drop squat Jack (or alt. squat) to 4x speed bag arms
Power: Front jabs and scissor legs (or alt. lunge back)	

Block 2: Strength and balance

1. Plank punch to push up	2. Squat to side kick right
3. Alt side hop, to balance hold on one foot and alt jab 3x	4. Squat to side kick left
Power: burpees to isometric squat with uppercut	

Block 3: Agility and coordination

1. Shuffle right, 3x uppercut, shuffle left, scissor 2x	2. Cross hops with speed bag
3. Shuffle left, 3x uppercut, shuffle right, scissor 2x	4. Jab jab kick kick
Power: Side shuffle with 3x hooks each end	

Block 4: Core

1. 4-part stagger curl with punch or cross jab	2. Back kick right with overhead punch
3. Hip lift legs with punch to feet	4. Back kick left with overhead punch
Power: Legs and upper body around the world	

Stretch and Cooldown

Take 5 minutes or so to stretch from bottom to top. Repeat stretches as needed. Slowly bring breathing back to normal by inhaling through the nose and exhaling through the mouth while holding stretches. For this routine, make sure to focus on stretches for the hip flexors, chest and shoulders.